



**The**  
Fleet & Family Support  
**Center**

Meeting Your Needs At Home And Abroad



# April

2005

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5 Troops to Teachers 11am-noon	6 Anger Management (9 of 14) 2-3pm  Home Buying Seminar 8:30am-noon	7 Playgroup@ CDC Playground 11:30am-12:30pm	8
11	12 Ombudsmen Assembly Meeting 7-9pm	13 Anger Management (10 of 14) 2-3pm  Identity Theft 9-10am & 1-2 pm Base Theater BLDG 1495	14 VA Representative 8-11:30am  Playgroup@CDC Playground 11:30am-12:30pm	15
<b>TRANSITION ASSISTANCE PROGRAM (TAP) Apr 11-14 from 8 a.m.-4</b>				
18 VA Representative 8am-3pm  Family Advocacy Brief (Key Personnel) 1-3pm	19 Smooth Move Home or Abroad 9am-4pm  Developing Your Spending Plan 11:30am-12:30pm	20 Thrift Savings Plan (TSP) 9-10am  Welcome to Pax 1-4pm  Anger Management (11 of 14) 2-3pm	21 Playgroup@CDC Playground 11:30am-12:30pm	22
25  VA Representative 8am-3pm	26  Sponsor Training 9-10am	27 Budgeting for Baby 10am-noon  Anger Management (12 of 14) 2-3pm	28 Resume Writing 9:30-11am  Playgroup@CDC Playground 11:30am-12:30pm	29

**Reservations are Necessary! (301) 342-4911**

**THE FFSC IS ALWAYS LOOKING FOR A FEW GOOD VOLUNTEERS.**

**If interested please give us a call.**

**NAS Patuxent River, Maryland**

**<http://ndw.navy.mil/ffsc>**

## **BENEFITS AND ENTITLEMENT PROGRAMS**

### **VA Representative**

**Apr 14, 8 a.m.-11:30 a.m., 18 & 25, 8 a.m.- 3 p.m.**

The Veterans' Affairs Benefits Counselor will answer questions concerning benefits and services. Assistance is provided for transitioning service members, veterans, and family members. *Open to all veterans, by appointment only.* Please call 301-342-4911 to schedule an appointment.

## **CAREER DEVELOPMENT**

### **Resume Writing**

**Apr 28, 9:30 a.m.-11 a.m.**

This program offers many different trends and techniques to write the best resume for you. Don't get passed over because your resume lacks keywords or isn't in the preferred format. Seating is limited. Reservations required.

## **FINANCIAL MANAGEMENT PROGRAMS**

### **Developing Your Spending Plan**

**Apr 19, 11:30 a.m.-12:30 p.m.**

This workshop offers knowledge and skills that will enable the participant to establish a personal spending plan that can be adapted to suit individual unique circumstances.

### **Thrift Savings Plan Brief (TSP)**

**Apr 20, 9-10 a.m.**

Uniformed services personnel are now eligible to join the Thrift Savings Plan (TSP). Enhance your retirement and save money at the same time. Come in and learn the many advantages of participating in the TSP.

## **OMBUDSMAN PROGRAM**

### **Ombudsman Assembly Meeting**

**Apr 12, 7 p.m.-9 p.m.**

The Ombudsman is a volunteer who has already been to the "Basic Ombudsman Training." This monthly meeting includes recommended training, networking, and positive problem solving.

## **PROGRAMS FOR PARENTS & CAREGIVERS**

### **Playgroup @ Child Development Center Playground**

**Apr 7, 14, 21, & 28 11:30 a.m.-12:30 p.m.**

Moms, dads, and caregivers are invited to bring their children for playtime at the CDC playground.

### **Budgeting for Baby**

**Apr 27, 10 a.m.-noon**

The Navy Marine Corps Relief Society (NMCRS) will illustrate the hidden costs associated with a growing family. All Navy and Marine Corps service members that attend will receive a new layette worth more than \$100.

## **PERSONAL GROWTH PROGRAMS**

### **Family Advocacy Brief For Key Personnel**

**Location: Frank Knox Building (2189)**

**Apr 18, 1 p.m.-3 p.m.**

This workshop offers key command personnel information concerning child/spouse abuse, resources, treatment, and the command's role in Family Advocacy matters. Personnel involved with Family Advocacy matters are encouraged to attend. Please call the FFSC at 301-342-4911 to register for this workshop.

### **Anger Management (Sessions 9, 10, 11, 12 of 14)**

**Apr 6, 13, 20, & 27 2-3 p.m.**

Join this workshop if you would like a better understanding of anger and how to control it. The emphasis will be on recognizing sources of anger and modifying behavior.

### **Identity Theft**

**Apr 13, 9 a.m.-10 a.m. & 1 p.m.-2 p.m.**

What is identity theft? How does someone steal your identity? Is it important, should I care? In calendar year 2003, the Consumer Sentinel (the complaint database developed and maintained by the Federal Trade Commission) received over half a million consumer fraud and identity theft complaints. You could be a victim and not even know it. Identity theft could devastate a family financially. Learn the facts from someone who has lived through the ordeal. Facilitator is CDR. F. Mellott. Bring your lunch and educate yourself!

## **RELOCATION PROGRAMS**

### **Home Buying Seminar**

**Apr 6, 8:30 a.m.-noon**

Your home is probably the biggest and most important investment you will make. Learn all the "how-tos" in; planning your house hunting as a family, mortgage financing and it's process, effective negotiations, and the different roles of a real estate agent.

### **Smooth Move - Home Or Abroad**

**\*Note: This workshop is only offered quarterly**

**Apr 19, 9 a.m.-4 p.m.**

This class is designed for those moving anywhere within the U.S. or overseas. Learn from the experts about travel and pay, household goods shipments, stress management, budgeting for your move, housing concerns, moving with kids, cultural adaptation, plus specific overseas information.

### **Welcome to Pax**

**Apr 20, 1 p.m.-4 p.m.**

A class jam-packed with information about the base and surrounding communities is offered the 3<sup>rd</sup> Wednesday of every month. Included in the program is a behind-the-scenes tour of NAS, terrific handouts, and loads of useful information about what to do and where to go while living in Southern Maryland. Along with this, information on area history, inhabitants and folklore will be provided. This will be the best three hours you will invest while at Patuxent River.

### **Sponsor Training**

**Apr 26, 9 a.m.- 10 a.m.**

Be the right person in the right place. Help new service members get acquainted with the area, help your command by providing a "ready" service member, and help yourself to a rewarding experience.

## **TRANSITION ASSISTANCE PROGRAM (TAP)**

### **Troops to Teachers**

**Apr 5, 11 a.m.-noon**

This presentation will provide participants with an overview of the teacher certification process in Maryland. Anyone interested in becoming a teacher in Maryland should attend this presentation. The presenter will discuss certification routes, certification tests, certification endorsement areas, teacher preparation programs, and incentives to attract teachers.

# Fleet and Family Support Center

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## Month of the Military Child/Child Abuse Awareness Month

### Recognize the Warning Signs of Child Abuse

The behavior of children may signal abuse or neglect long before any change in physical appearance. Some of the signs may include:

- Nervousness around adults
- Aggression toward adults or other children
- Inability to stay awake or to concentrate for extended periods
- Sudden, dramatic changes in personality or activities
- Unnatural interest in sex
- Frequent or unexplained bruises or injuries
- Low self-esteem
- Poor hygiene

If you see these signs in any children you know, reach out to them and to their parents and offer a helping hand.

### Report Suspected Abuse or Neglect

If you suspect abuse or neglect may be occurring, report it. In the Military Community, please call the **Family Advocacy Program (FAP) @ (301)342-4911**. In the Civilian Community, please call **Child Protective Services (CPS) @ (240)895-7016**. If you think a child is in immediate danger, call the police.

**Protecting our military children is an all-hands mission. They are our future heroes - stand up for them.**



- *All classes/seminars are held at the FFSC unless otherwise noted.*
- *Workshops and seminars* are open to active duty and retired military personnel and their family members. The facilitators are from professional organizations and are not permitted to solicit or promote their business.
- *Sexual Assault Victim Intervention (SAVI) Program Coordinator* is available for General Audience Training, Supervisor's Training, and Commander's Training.
- *General Military Training* - The FFSC will bring seminars and workshops to your command. Call the FFSC at 301-342-4911 for more information.